

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 84: Cross Tabulation of School Lunch Consumption by Healthy and Unhealthy Eating**

Did you eat a lunch from the school cafeteria yesterday?

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including on a cheese burger, pizza, sandwich, in a main dish or as a snack?

How many times did you have yogurt yesterday, non including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, pudding, or frozen yogurt in a smoothie?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or pop-tarts?

Yesterday did you eat any deep-fried foods, such as french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday did you eat any boxes or packages of candy or candy bars?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

| Ate School Lunch | %  | Percent of Adolescents                                      |    |    |    |  |    |
|------------------|----|---|----|----|----|--|----|
|                  |    | Servings of High Fat, Low Nutrient Foods Eaten <sup>1</sup> |    |    |    | 2 or More Servings of Unhealthy Foods Eaten <sup>1</sup> |    |
|                  |    | 0-1   | 2  | 3  | 4+ | Yes  | No |
| Yes              | 42 | 28  | 26 | 27 | 19 | 72   | 28 |
| No               | 58 | 27  | 28 | 28 | 17 | 73   | 27 |

| Ate School Lunch | %  | Percent of Adolescents                        |     |    | Mean                           |                                     |  |
|------------------|----|---|-----|----|--------------------------------|-------------------------------------|--|
|                  |    | Servings of Dairy Products Eaten <sup>1</sup> |     |    | Servings of Fruit <sup>2</sup> | Servings of Vegetables <sup>2</sup> | Servings of Fruits and Vegetables <sup>2</sup> |
|                  |    | 0   | 1-2 | 3+ |                                |                                     |  |
| Yes              | 42 | 3   | 29  | 69 | 3.4                            | 1.6                                 | 4.7  |
| No               | 58 | 4   | 31  | 65 | 3.4                            | 1.4                                 | 4.5  |

A box around a group of numbers signifies that differences observed within this group are statistically significant.

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA